



Tools For Action

A sample of physical education initiatives in Wisconsin

Junior Journal

Contact Information

Main Contact Person
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Title of Main Contact
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Prentice
School District Name
Prentice
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Program Information

Program Name
Junior Journal
Program Category
This incorporates technology use, cross curriculum, and fitness assessment
Grade Level
9-12
Assessment Method
Health indicator (BMI, height and weight, etc.); Fitness indicator (test scores, miles walked); Impact on behavior (increase in active minutes or miles walked); Participation rates (number of students involved); Impact on knowledge and or attitudes (test scores); Personal accountability

Program Information

Products Developed or Materials Used:

Program Description:

The students are required to maintain a journal for a designated amount of time. Within the journal they need to answer assigned questions, and complete the expected criteria.

For information on other **Physical Education Best Practices**, visit the website at:
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgajq@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
Pesikme@dhfs.state.wi.us (Marv Pesik, Program and Grant Coordinator)